

THE TWELVE STEPS OF
NARCOTICS ANONYMOUS

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible.

1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

NARCOTICS ANONYMOUS,
Chapter Five What Can I Do
Pages 44-45

A meeting a day for at least the first ninety days of recovery is a good idea. There is a special feeling for addicts when they discover that there are other people who share their difficulties, past and present. At first we can do little more than attend meetings. Probably we cannot remember a single word, person or thought from our first meeting. In time, we can relax and enjoy the atmosphere of recovery. Meetings strengthen our recovery. We may be scared at first because we don't know anyone. Some of us think that we don't need meetings. However, when we hurt, we go to a meeting and find relief. Meetings keep us in touch with where we've been, but more importantly with where we could go in our recovery. As we go to meetings regularly, we learn the value of talking with other addicts who share our problems and goals. We have to open up and accept the love and understanding that we need in order to change. When we become acquainted with the Fellowship and its principles and begin to put them into action, we start to grow. We apply effort to our most obvious problems and let go of the rest. We do the job at hand, and as we progress, new opportunity for improvement present themselves.

Our new friends in the Fellowship will help us. Our common effort is recovery. Clean, we face the world together. We no longer have to feel backed into a corner, at the mercy of events and circumstances. It makes a difference to have friends who care if we hurt. We find our place in the Fellowship, and we join a group whose meetings help us in our recovery. We have been untrustworthy for so long that most of our friends and families will doubt our disease and the recovery process. At meetings we can share with other addicts, ask questions and learn about our disease. We learn new ways to live. We are no longer limited to our old ideas.



Mile High Area Service Committee
Narcotics Anonymous

Mile High Area Meeting List

Last Updated July 30, 2006

Please Visit the Area Web Site for Event information and
Mile High Area Service Meeting Schedules
www.nadenver.com

To Talk To a Recovering Addict

Denver Metro Help & Info:

(303) 832-DRUG (3784)

Boulder Help & Info:

(303) 412-2884

Colorado Springs Help & Info:

(719) 637-1580

Ft. Collins, Estes Park, & Loveland:

(970) 282-8079

Greeley, Ft. Morgan, & Sterling:

(970) 346-6933

Western Mountains Help & Info:

(800) 912-4597

Grand Junction and Western Slope

(970) 252-2271

For Meeting Lists outside Denver Metro

<http://www.nacolorado.org/meeting.html>

Mile High Area Committee & Sub Committee Meetings

MHASC Meeting 1st Sunday of each Month at 2:00p 1212 Mariposa
H&I 2nd Sunday of each month 5:00p 1212 Mariposa
Phone Line 2nd Sunday of each month 5:30p 1212 Mariposa
Outreach 2nd Sunday of each month 5:30p 1212 Mariposa
Activities Last Sunday each month 3:00p 5280 Wadsworth Bypass
PI 2nd Sunday of each month 5:00p 1212 Mariposa
MHASC Web Please Contact The Web Servant

Sunday	
9:00 am	suNdAy school — ST,NS - 3601 S Sherman St (bookstore)
9:30 am	A Wake Up Call — O,D,NS - 121 Acoma St
11:00 am	Living Proof — O,D,NS - 1395 S Sheridan Blvd, Unit G
2:00 pm	Step Into It — O,D,S,MHI - 1395 S Sheridan Blvd, Unit G
6:00 pm	NA Matinee — O,D,S - 1395 S Sheridan Blvd, Unit G
6:00 pm	Buck Naked Recovery — O,D,NS,WA - 809 S Washington
7:00 pm	Clean & Serene — O,D,NS,WA,CC, - 10001 W 58th Ave, Arvada
7:00 pm	Spiritual Principles at Clean & Serene — O,D,NS,WA,CC,LS - 10001 W 58th Ave
8:00 pm	Ain't Dead Yet — O,D,NS,WA - 8085 E Hampden
9:00 pm	Recovering In Denver — O,D,S - 1395 S Sheridan Blvd, Unit G
10:30 pm	Blues Breakers — O,D,S - 1395 S Sheridan Blvd, Unit G

Monday	
7:00 am	Earlybirds — O,D,NS - 7100 W Mississippi (church)
Noon	This Ain't Therapy — O,D,S - 1395 S Sheridan Blvd, Unit G
Noon	Bring Your Own Lunch — O,D,NS,WA - 5400 S Yosemite (church)
2:00 pm	Step Into It — O,D,NS - 1395 S Sheridan Blvd, Unit G
5:30 pm	Happy Hour — O,D,WA,NS - 10111 W 26th Ave (WA back entr10110)
6:00 pm	Continued Deflation — O,D,NS - 809 S Washington
6:00 pm	NA Matinee — O,D,S,IP - 1395 S Sheridan Blvd, Unit G
6:00 pm	Take The Highway — 2290 S Clayton St (church)
7:30 pm	Southern Serenity — O,D,NS,WA - 11805 S Pine Dr, Rm128 (use E door), Parker (1/2 mi S of Hilltop)
7:30 pm	Golden Group — C,D,NS,WA - 13th & Arapahoe, Golden (church SW corner)
8:00 pm	Surrender To Win — O,D,BK,IP,NS - 3315 Gilpin
8:00 pm	Ain't Dead Yet — ST,NS,WA - 8085 E Hampden
8:30 pm	Hope Without Dope — C,D,WA - 3355 S Wadsworth, #125 (club)
10:30 pm	Blues Breakers — O,D,S - 1395 S Sheridan Blvd, Unit G

Tuesday	
7:00 am	Earlybirds — O,D,NS - 7100 W Mississippi (church)
10:00 am	Spare Time — O,D,WA,NS - 10111 W 26th Ave (WA back entr 10110)
Noon	This Ain't Therapy — O,D,S - 1395 S Sheridan Blvd, Unit G
Noon	Bring Your Own Lunch — O,D,NS,WA - 5400 S Yosemite (church)
5:30 pm	Happy Hour — O,D,WA,NS - 10111 W 26th Ave (WA back entr 10110)
5:45 pm	Don't Know Diddle — O,D,NS - 11th & Fillmore
5:45 pm	Humble Lights Early — O,D,NS,WA - 11202 W Jewell
6:00 pm	NA Matinee — O,D,S - 1395 S Sheridan Blvd, Unit G
7:00 pm	Turning Point — O,D,NS - 1280 Vine St (W entr upstairs on the right)
7:30 pm	Spoons are for Coffee — O,S - 1395 S Sheridan Blvd, Unit G
7:30 pm	Humble Lights — O,D,NS,WA - 11202 W Jewell
7:30 pm	Free At Last — O,D,NS - 3585 W 76th (church)
7:30 pm	Chair's Choice — O,D,NS - 1450 Airport Blvd, Aurora (church)
8:00 pm	Gimme The Text — O,D,NS,ST,WA - 9th & Emerson (church W entr)
8:00 pm	Ain't Dead Yet — O,NS,WA - 8085 E Hampden
8:30 pm	Paper Shoes — O,D,NS,WA - 1280 S Potomac St
10:30 pm	Blues Breakers — O,D,S - 1395 S Sheridan Blvd, Unit G

Wednesday	
7:00 am	Earlybirds — O,D,NS - 7100 W Mississippi (church)
Noon	This Ain't Therapy — O,D,S - 1395 S Sheridan Blvd, Unit G
Noon	Bring Your Own Lunch — O,D,NS,WA - 5400 S Yosemite (church)
5:30 pm	Happy Hour — O,D,WA,NS - 10111 W 26th Ave (WA back entr10110)
5:45 pm	Peace Out West — O,D,NS,Women's Meeting - 17701 W 16th at S Golden Rd
6:00 pm	NA Matinee — O,D,S - 1395 S Sheridan Blvd, Unit G
6:30 pm	Breckenridge Here & Now — O,D,NS - 310 Wellington, Breckenridge
6:30 pm	More Will Be Revealed — O,D,NS - 3601 S Sherman St, Englewood
	4min meditation at 6:45 (bookstore)
7:00 pm	Ray of Light — O,D,SP-(3rd week),Gay Friendly,NS - 1050 Broadway
7:00 pm	Just Can't Miss It — O,D,NS,CC - 6750 Carr - Rm306
7:00 pm	K.I.N.K. Kink friendly — 21&Over,O,D,S - 6040 E 50th Ave, Commerce City
7:00 pm	Politics Makes Strange Bedfellows — TS,CS,LT,C,D,Service Study,NS - 11th & Fillmore (upstairs)
7:00 pm	Hope Without Dope — C,D,WA - 3355 S Wadsworth, #125 (club)
7:00 pm	No Static For The Addict — O,D,WA,NS,TS - 10111 W 26th Ave (WA back entr 10110)
7:30 pm	A Womans Turning Point — O,D,NS - 1395 S Sheridan Blvd, Unit G
8:00 pm	Ain't Dead Yet — O,D,NS,WA - 8085 E Hampden
8:00 pm	Underground Recovery — O,D,NS - 8085 E Hampden (bsmt)
8:00 pm	Surrender To Win — O,D,NS - 3315 Gilpin
8:00 pm	Gimme Three Steps — O,D,BEG,NS,ST,WA - 9th & Emerson (church, use W. entr)
10:30 pm	Blues Breakers — O,D,S - 1395 S Sheridan Blvd, Unit G

Thursday	
7:00 am	Earlybirds — O,D,NS - 7100 W Mississippi (church)
Noon	This Ain't Therapy — O,D,S,WA - 1395 S Sheridan Blvd, Unit G
Noon	Bring Your Own Lunch — O,D,NS,WA - 5400 S Yosemite (church)
5:30 pm	Happy Hour — O,D,WA,NS - 10111 W 26th Ave (WA back entr10110)
5:45 pm	BYOG — O,D,NS,WA - 3601 S Sherman St, Englewood (bookstore)
6:00 pm	NA Matinee — ST,TR,S - 1395 S Sheridan Blvd, Unit G
7:30 pm	Southern Serenity — O,D,NS,WA - 11805 S Pine Dr, Rm128 (use E door), Parker (1/2 mi S of Hilltop)
7:30 pm	Keep It Simple — O,D,S,WA,Tag - 1395 S Sheridan Blvd, Unit G
7:30 pm	Natural High — O,D,SP,Topic,NS,WA,90 min - 8817 S Broadway, Highlands Ranch
7:30 pm	Welcome Home — O,D,NS, - 2025 Kipling (two story house in back of parking lot)
7:30 pm	Chair's Choice — O,D,NS - 1450 Airport Blvd, Aurora (church)
7:30 pm	Young At Heart — O,D,NS,WA,Youth - 1630 E 14th Ave (church)
7:30 pm	Meet'n Up North — O,D,NS,WA - 3101 E 100th Ave (church, use back door entr for downstairs - WA use front entr)
8:00 pm	Ain't Dead Yet — O,NS,WA - 8085 E Hampden
9:00 pm	Recovering In Denver — O,D,NS - 1395 S Sheridan Blvd, Unit G
10:30 pm	Blues Breakers — O,D,S - 1395 S Sheridan Blvd, Unit G

Friday	
7:00 am	Earlybirds — O,D,NS - 7100 W Mississippi (church)
Noon	This Ain't Therapy — O,D,S - 1395 S Sheridan Blvd, Unit G
Noon	Bring Your Own Lunch — O,D,NS,WA - 5400 S Yosemite (church)
2:00 pm	Step Into It — O,D,NS,MHI - 1395 S Sheridan Blvd, Unit G
5:30 pm	Happy Hour — O,D,WA,NS - 10111 W 26th Ave (WA back entr10110)
5:45 pm	T.G.I.F. — C,D,NS,WA - 1280 Vine (church)
5:45 pm	Unconscious Meeting — O,D,NS - 11th & Fillmore
6:00 pm	NA Matinee — O,D,BK,ST;1-2-3,S,WA - 1395 S Sheridan Blvd, Unit G
7:15 pm	Clean Serene Speaker Meeting — SP,NS,WA - 10001 W 58th Ave
7:30 pm	Finding The Way — O,D,NS,WA 3400 Lutheran Pkwy, (hsptl, treatment center)
7:30 pm	Riders in Recovery — O,D,WA,NS - 10111 W 26th Ave, (WA entr 10110)
8:00 pm	Surrender To Win — O,D,SP-(last Fri),NS - 3315 Gilpin, 90min
8:00 pm	Ain't Dead Yet — O,D,NS,WA - 8085 E Hampden
8:00 pm	NAFL — O,D,NS - 3500 S Logan (use NW entr)
8:00 pm	Anonymous Group — O,D,NS,WA - 8851 W 80th, Louisville (hsptl)
8:00 pm	5th Tradition Group — O,NS,WA,BEG,60min, 2162 Lawrence St, (treatment facility)
9:00 pm	Recovering In Denver — O,D,S,WA 1395 S Sheridan Blvd, Unit G
10:30 pm	Blues Breakers — O,D,S - 1395 S Sheridan Blvd, Unit G
12:15 am	Night Owls — O,D,S - 1395 S Sheridan Blvd, Unit G

Saturday	
7:00 am	Earlybirds — O,D,NS - 7100 W Mississippi (church)
10:30 am	Primary Purpose — O,D,NS - 11th & Fillmore
Noon	HOW — O,D,S - 1395 S Sheridan Blvd, Unit G
2:00 pm	Step Into It — O,D,S,MHI - 1395 S Sheridan Blvd, Unit G
3:00 pm	A Woman's Touch — OD,NS - 1450 N Airport Blvd, Aurora
6:00 pm	NA Matinee — O,D,S - 1395 S Sheridan Blvd, Unit G
7:15 pm	Uptown Steppers — O,D,NS - 3315 Gilpin (use side entr)
8:00 pm	Saturday Night Live — O,D,NS,WA - 3500 S Logan (use NW entr)
8:00 pm	Ain't Dead Yet — O,D,NS,WA - 8085 E Hampden
8:00 pm	New Meeting — O,D,NS, - 15210 6th Ave, Ste 1 (club)
9:00 pm	Recovering In Denver — O,D,NS, - 1395 S Sheridan Blvd, Unit G
10:30 pm	Blues Breakers — O,D,S - 1395 S Sheridan Blvd., Unit G
12:15 am	Night Owls — O,D,S - 1395 S Sheridan Blvd, Unit G

Meeting List Key
 Youth = Young People Meeting
 C = Closed Meeting for Addicts Only
 O = Open Meeting
 D = Discussion
 H&I = Hospitals & Institutions
 SP = Speaker Meeting
 TR = Tradition Study
 ST = Step Study
 SWG = Step Working Guide

BK = Book Study
 BEG = Beginners Meeting
 WA = Wheelchair Accessible
 TS = Text Study
 CS = 12 Concepts Study
 LS = Literature Study
 S = Smoking
 NS = Non Smoking
 CC = Child Care
 MHI = Mental Health Issues